

Run For Cover

Compte: 0

Mur: 4

Niveau: Intermediate



Chorégraphe: Karen Looker (UK) & Ryan Wareing (UK)

Musique: Run for Cover - Sugababes

Sequence: AA, BA, BB, A, A (missing the last 16 counts), BB, B (Finish the last B to unwind to the front)

SECTION A

SKATE X 4, CROSS, POINT, CROSS, POINT

- 1-2-3-4 Skate right, left, right, left
- 5-6 Cross right foot over left foot, point left foot to left side
- 7-8 Cross left foot over right foot, point right foot to right side

JAZZ BOX, ¼ TOE, ¼ HEEL, ¼ TOE, ¼ HEEL (WITH HIP BUMPS)

- 1-2 Cross right foot over left foot, step left foot back
- 3-4 Step right to right side, step left foot next to right foot
- 5& Turn ¼ over your left shoulder while pointing right toe to right side (9:00) bumping hips to right
- 6 Turn ¼ over your right shoulder while placing the heel down on the right foot (12:00)
- 7& Turn ¼ over your right shoulder while pointing left toe to left side (3:00) bumping hips to left
- 8 Turn ¼ over your left shoulder while placing the heel down on the left foot (12:00)

SIDE, BEHIND, AND TOUCH AND STEP, STEP ½ PIVOT, LEFT SHUFFLE FORWARD

- 1 Step right foot to right side
- 2 Step left foot behind right foot
- & Step right foot to right side
- 3 Touch left foot slightly in front of right foot
- & Step left foot next to right foot
- 4 Step right foot forward
- 5 Step left foot forward
- 6 Pivot ½ turn over the right shoulder (6:00)
- 7 Step left foot forward
- & Step right foot next to left foot
- 8 Step left foot forward

HITCH TURN ¼ X4, SIDE SHUFFLE, MAMBO BACK

- &-1 Hitch right leg, turn ¼ over left shoulder and touch right foot to right side (3:00)
- &-2 Hitch right leg, turn ¼ over left shoulder and touch right foot to right side (12:00)
- &-3 Hitch right leg, turn ¼ over left shoulder and touch right foot to right side (9:00)
- &-4 Hitch right leg, turn ¼ over left shoulder and touch right foot to right side (6:00)
- 5 Step right foot to right side
- & Step left foot next to right
- 6 Step right foot to right side
- 7 Rock left foot backwards
- & Rock back on right foot
- 8 Step left besides right

SECTION B

SIDE, ROCK BACK AND SIDE, CROSS ¾ UNWIND, STEP ½ PIVOT

- 1 Large step - right foot to right side
- 2 Hold
- 3&4 Rock back on the left foot, recover on the right, step left foot to left side

- 5 Touch right foot behind left
- 6 Unwind $\frac{3}{4}$ over right shoulder taking weight on right foot
- 7 Step forward on left foot
- 8 Turn $\frac{1}{2}$ over right shoulder stepping right foot forward

LEFT SHUFFLE, STEP, SWEEP, STEP, SWEEP, CROSS, SIDE, BEHIND, SIDE

- 1&2 Step left foot forward, step right foot next to left foot, step left foot forward
- 3-4 Step right foot forward, sweep left round
- 5-6 Step left foot forward, sweep right round
- 7 Cross right foot over left
- & Step left foot to left side
- 8 Step right foot behind left foot
- & Step left foot to left side

CROSS ROCK, FULL TRIPLE TURN, CROSS ROCK, BACK SHUFFLE

- 1-2 Cross rock right foot over left, recover weight on left foot
- 3 $\frac{1}{4}$ turn over right shoulder stepping right forward
- & $\frac{1}{2}$ turn over right shoulder stepping left foot back
- 4 $\frac{1}{4}$ turn over right shoulder stepping right to right side
- 5-6 Cross rock left foot over right, recover weight on right foot
- 7&8 Step left foot back, step right foot next to left, step left foot back

SAILOR, BEHIND AND STEP, CROSS FULL UNWIND

- 1&2 Cross right foot behind left foot, step left foot to left side, step right foot in place
 - 3 Left foot behind right foot
 - & Right foot to right side
 - 4 Step left foot forward
 - 5 Cross right foot over left
 - 6-7-8 Unwind a full turn over left shoulder with weight ending on left foot
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